

USDA'S REPORT TO CONSUMERS

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BE A VOLUNTEER

New Handbook Tells How. People who like people -- and especially those who like children -- will be interested in the "Handbook for Volunteers in the Child Nutrition Programs" (FN-10) a new publication from the Department of Agriculture's Food and Nutrition Service. The 20-page, photo-illustrated booklet suggests ways in which volunteer workers can help start or improve a food service for children in their communities. It also gives a brief description of each USDA child nutrition program and lists the addresses of the Food and Nutrition Regional offices. Each of the six sections of the booklet includes examples of volunteer activities in different parts of the country. The new booklet is the third in a series of volunteer handbooks. "Handbook for Volunteers in the Food Stamp Program" (FN-1) and "Handbook for Volunteers in the Commodity Distribution Program" (FN-2) are already in use by volunteer groups. Copies of the handbooks are free from the Division of Information, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D. C. 20250.

BUGGING THE BUGS

Researchers Add to Their Arsenal. Insects that damage stored foods, feeds, fabrics, and other products are targets of intensive research by scientists of USDA's Agricultural Research Service. And with good reason. Insect-caused losses in stored products exceed \$850 million annually; consumers, farmers, and business firms spend more than \$280 million annually for control. Among the combatants against these insects are ARS scientists at the Stored-Products Insects Research and Development Laboratory, Savannah, Georgia. Established in 1946, the facility this May dedicated and put into operation a new \$800,000 building that will serve as headquarters for the 12-building facility. Along with attempting to improve conventional pest control methods, the researchers are exploring potential new methods such as the use of atomic radiation, light, sound and atmospheric gases. Experimental nontoxic treatments of mothproofing woolens will also be developed and insect-resistant packaging methods and materials will be tested. The Savannah facility is one of eight such laboratories where ARS researchers are studying ways to "bug" the bugs.



BACK TO NATURE

Gabrielino Trail. A refreshing change of environment and a chance to hike through the rugged beauty of the San Gabriel Mountains - - - these pleasant opportunities are within easy travel time for millions of Southern California city dwellers. The opportunities are found along the Gabrielino Trail in the Angeles National Forest. The 28-mile trail was recently designated as the first National Recreation Trail on Federal land--the beginning of a nationwide system of recreation trails authorized by Congress. The trail, which is administered by USDA's Forest Service, begins north of Arcadia in the Big Santa Anita Canyon and extends to the city line of Pasadena. It passes through three campgrounds, encompasses a picnic area, and parallels, for part of its length, the West Fork of the San Gabriel River. A variety of trees, flowering underbrush, birds, and small wildlife make the Gabrielino Trail of particular interest to photographers and nature students.

The Enchanted Way. Still another trail--this one for the visually handicapped--has been opened by USDA's Forest Service. Called La Pasada Encantada -- The Enchanted Way -- the trail is located on the Lincoln National Forest near Cloudcroft, N. Mex. The New Mexico General Federation of Women's Clubs helped build the trail and the New Mexico State School for the Visually Handicapped helped prepare the Braille signs. The name for the trail was selected from suggestions in a contest at the School. The meandering trail with its 25 stops is unpaved; but objects which might be obstacles to the sightless have been removed. Low pole rails, easily followed with a cane, lead from stop to stop. Listening spots along the trail provide places to rest and to listen to forest sounds - rustling breezes, bird songs, and chattering small animals. Actually, La Pasada Encantada has a lot to recommend it to the sighted as well as the sightless.

ON THE HORIZON

Plans set: SOS/70 Congress. Secretary of Agriculture Clifford M. Hardin, world-reknown Swedish economist Dr. Gunnar Myrdal, and Britain's Lord Ritchie Calder, a leading scientist, are scheduled to keynote an international congress of 3,000 food scientists and technologists in Washington, D. C., August 9-14. The meeting, third of its kind in the last 12 years, will focus on the problems of the nutritional needs of an exploding global population.

THIRTY-FIVE GLOWING YEARS

... With REA. In rural areas, there are 400 uses for electricity; power usage in residential areas doubles every seven years. In 1970 the Rural Electrification Administration, an agency of the Department of Agriculture, chalks up 35 years of helping rural people to help themselves. Today, REA loans -- totaling more than seven billion dollars -- to 1,000 rural systems borrowers are helping to provide modern electric service to 20 million people in 46 States. In 1949, REA was authorized by Congress to use the successful electric loan program as a model for improving and extending rural telephone service. Now, 20 years later, two million subscribers have received new or upgraded dial service -- furnished by nearly 900 borrowers across the nation.

JUST OFF THE PRESS

1970 Edition of a "Bestseller." The Department of Agriculture has revised and updated its "bestseller," "Family Fare." The new edition, subheaded "A Guide to Good Nutrition," includes a section which, among other things, explains the various nutrients -- what they do and where they are found. There is information on maintaining a desirable weight; a chart showing the contribution of familiar foods to a good diet; tips on meal planning; menu suggestions; 200 recipes; and information on buying, storing, measuring, and using various foods. The book was prepared by food scientists and nutritionists of USDA's Agricultural Research Service. Single copies of "Family Fare: (HG-1) are available for 45 cents from the Superintendent of Documents, U.S. Government Printing Office, Washington, D. C. 20402. Please give your zipcode when ordering.

GOOD LAND STEWARDSHIP STARTS AT HOME

In the City and the Suburbs. No matter where you live -- in the city or country -- if you have a separate house with its own plot of ground, you are a "land user." As such, you have the opportunity and the responsibility to practice soil and water conservation. And good stewardship of the land has its rewards for the keeper of a city or suburban lot as well as for the operators of farms, ranches, or forests. It is a practical way to protect your property values and create pleasant surroundings in which to live. The necessity of altering natural landscapes to make suitable conditions for people to live close together inevitably creates problems of land use and protection. Valuable and practical tips on coping with erosion and water runoff in the city and suburbs can be found in the USDA bulletin "Soil Conservation at Home" (AIB 244). The booklet discusses the different kinds of soils, drainage, plantings for wildlife, lawns and yards, as well as the overall soil and water conservation for communities. Single copies of the booklet can be obtained free from Information Division, Soil Conservation Service, U.S. Department of Agriculture, Washington, D. C. 20250.

NEW SLIDE SERIES AND FILM STRIP AVAILABLE

"Milk Basic To Good Nutrition" (C-162) is a new 50-frame color slide set and film strip to provide information on other foods to go with dairy products for a balanced meal. This is the third in a slide set series under the Food Makes the Difference information/education program conducted by the U.S. Department of Agriculture in cooperation with industry. Recipes are included in the slide set to show how dairy products may be used with other foods. Menu ideas, basic nutrition information, and better buying habits are shown in the slide set and film strip. The slide series may be purchased from the Photography Division, Office of Information, U.S. Department of Agriculture, Washington, D. C. 20250. Cost of each 50-frame color slide set is \$8.00. Copies of each filmstrip may be ordered for \$5.50 from the Photo Lab, Inc., 3825 Georgia Ave. N. W., Washington, D. C. 20011.

PLENTIFUL FOODS FOR JULY

Fresh and Fruity. Homemakers can declare their independence from long, hot hours in the kitchen by planning menus based on the Plentiful Foods List for July. In sweltering mid-summer, July's Plentifuls can whet the appetite, cool the tongue, and spark the imagination: fresh summer vegetables, fresh plums, fresh peaches, watermelons, fresh and processed lemons and limes, rice, broiler-fryers, and honey. For August Plentifuls will include wheat products, summer vegetables, watermelons, fresh plums, peanuts and peanut products, and, in some areas, canned grapefruit sections.

We Pay Less. . . Proportionately. Americans spend proportionately less for what they eat than citizens of other countries.

- Less than 20 percent of our consumer expenditures goes for food.
- Canada nearly matches this, with just about 20 percent of consumer expenditures going for food.
- Food costs take more than one-third of consumer spending in Italy and Japan.
- In USSR, half of consumer spending goes for food.
- Food is very expensive in developing countries; in India, for example, it takes more than one-half of consumer expenditures.

PESTICIDE SAFETY IN YOUR HOME

Keep Your Home Pest Free. Pesticides Help--but you need to know how to handle the pesticides too. First, you must know how to buy a pesticide. Take your time, and make sure you're getting the right product. Check the label--see if it is a surface spray or a space spray. Surface sprays are for crawling insects--space sprays are meant to knock down flying insects. After you've bought it, you've got to know how and where to store it. Read the label. Don't store it near food or near heat. Use the pesticide according to directions. A chart on some common household pests and what to do about them is printed in the revised edition of "Pesticide Safety in Your Home." Single copies are available free from the Office of Information, U.S. Department of Agriculture, Washington, D. C. 20250.

KEEP YOUR FOOD SAFE

Beware the Temperatures. Picnics and cookouts are delightful ways to eat summer meals. But summertime calls for some extra attention to keeping foods safe to eat. In fact, poor food-handling practices in the home any time of the year can often cause illness in the family, according to researchers at the U.S. Department of Agriculture. Homemakers can help protect their families from foodborne illness by stressing personal hygiene for all family members; making sure all dishes, cooking equipment, and work surfaces are clean; and taking simple precautions in storing, preparing, cooking, and preserving all foods. A USDA booklet, "Keeping Food Safe to Eat," (HG 162) explains the "whys" and "hows" of food safety for homemakers. Single copies of the publication are available from the Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.

SERVICE is a monthly newsletter of consumer interest. It is designed for those who report to the individual consumer rather than for mass distribution. For information about items in this issue, write: Lillie Vincent, Editor of SERVICE, Office of Information, U.S. Department of Agriculture, Washington, D. C. 20250. Please include your zipcode.